



NEWSLETTER

July 2021
No. 248

TIME EXCHANGE FUNDING NEWS



VIRGIN MEDIA O2 TOGETHER FUND

We are pleased to share the news that we have just been awarded £1,000 from the Virgin Media O2 Together Fund to support our gardening activities in the local area. We are running a volunteer session on Monday 5th July between 9.30am – 11.30am to complete some essential weeding along the pathways in the Bike Garden.

Please feel free to come along to give us a helping hand or even just pop down to have a chat, enjoy the garden, and see what we've been up to already this year.

ANOTHER CROWDFUNDER SUCCESS

We are also delighted to share the news that we hit our Crowdfunding target last month. We raised an amazing £4,441! Thank you to everyone who helped us reach our goal by pledging and sharing our project. We would also like to thank the North of Tyne Combined Authority for supporting our project and providing the match funding to help us reach our target.

LOCAL ADVICE ABOUT BENEFITS, DEBT AND HOUSING

Newcastle Welfare Rights Service

Public Advice Line - Phone:
0191 277 2627 Mon – Fri
9.30am – 12pm

Ward funded drop in advice sessions have been replaced with telephone advice—as follows:

Arthurs Hill residents

0191 2772633

Wednesdays 9.30am –
12.00pm

Wingrove residents

0191 2772633

Thursdays between 10.00am –
12.30pm

Elswick residents

0191 2772633

Wednesday between 10.00am
-12.30 pm

Citizens Advice Newcastle

Phone: 0808 278 7823

Monday - Friday 11am - 4pm

Shelter North East

For housing advice or
guidance

Phone 0344 515 1601 Mon –
Fri 9am – 5pm

Search

Advice and Information for
older people and their carers
0191 273 7443

Monday-Friday
9am –4pm

Money Matters Advice Line

Money and debt advice.

Phone: 0191 277 1050

Monday–Friday
8.30am –4.30pm

TIME EXCHANGE ACTIVITIES

FOOD GROWING AND GARDEN MAINTENANCE

Every Monday and Thursday 9.30am – 11.30am at the Bike Garden. Places are limited so please let us know if you want to come along to any of the sessions.

STREET PLANTERS

Every Monday and Thursday 1pm – 3pm. Get in touch if you'd like to get involved. We will be weeding and litter-picking.

MONTHLY LITTER PICKS

3rd Saturday of the month 11am – 12pm. We would like to hear from members and local people who want to get involved.

LOCAL NATURE WALKS

If you would like to get involved with our next nature walk, or a small group local walk please get in touch. All ages and abilities are welcome.

mhm
communitymatters

JET

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Helping you find your way in the UK



Pathways Employment & Wellbeing Newcastle

We know that keeping or finding a job can be difficult when you are feeling anxious, low or mentally unwell.

Pathways Employment & Wellbeing Newcastle supports people to improve their mental health and wellbeing and secure or sustain employment.

Call: 07974 623113 / 07894 698 257

Email: pathwaysnewcastle@mhm.org.uk

The service is delivered in partnership with JET, who have specialised experience in supporting asylum seekers, refugees, and individuals from minority ethnic backgrounds.

Our mission: We help people achieve good mental and physical wellbeing and live life to the full

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: Every time the sun warms our skies, we pour into our parks but unfortunately, leave mountains of rubbish behind us! It's disgusting and I, personally believe that stiffer penalties, including helping clear the mess, can be the only solution. We shouldn't need to discuss 'the rights and wrongs' of the issue.

People, including councillors, claim we need more bins but I've seen scores of pictures of rubbish piled within sight of empty bins. Can folk not either 'bin it' or 'bag it' and take it home?

At the sheer frustration, I've spoken to three people, born locally from entirely different backgrounds. The one thing they've in a common is a love for our parks. Rock Musician, Brian Johnson, who cemented his star status in our parks, agreed with me on penalties. "Some would say it's about education," he told The Bore but I'm afraid they need 'tough love!'"

Former Assistant Chief Constable of Northumbria Police and now author, Tony Crimmens, who I went to school with, told me, "I think shared ownership of and therefore shared responsibility for our parks would help but it's not an instant solution."

Radio Newcastle's Jen Bartram, who loves our parks, told me, "After several months, during my first trip back to Nuns Moor Park, for a packed lunch and relaxation, I felt they should have notices advising us of their 'clean up' plans. The owners and users must be able to liaise, creating a bond!"

We're lucky to have over 30 beautiful parks in the City, offering a range of facilities and activities and it's about time we learned to use them not abuse them! What are your views?

AN HOUR SHARED IS AN HOUR SPARED!

OUR DOG WALKING HEROES

"I had no idea how bad things would get while I was waiting for my hip operation last year. I didn't know how I'd manage at home with my dog Meg.

The Time Exchange have been able to organise daily dog walking for Meg over the last 6 months. Lots of people took Meg for walks and I'm very grateful for the help.

I have met so many lovely people during a time when we have been limited by local restrictions.

Now that I've finally had my hip operation I'm already able to do so much more and will soon be walking Meg on my own again every day.

Thank you to everyone involved at the Time Exchange for all their help!"

Thanks again, Alison

OFFERS & REQUESTS

These are just some of the offers and requests we have received recently. Please check out our Facebook page for some of the very latest offers and requests: [facebook.com/thetimeexchange](https://www.facebook.com/thetimeexchange)

OFFERS

- **Lin is offering the following items: 2 x office chairs, a double air mattress, a selection of small to medium picture frames.**
- **Ann has some feather cushions on offer.**
- **The Time Exchange has a selection of frozen homemade Vegetarian ready meals on offer.**
- **Kavita has a baby bouncer on offer.**
- **Linda has some dining chairs on offer.**
- **Need any consumer advice? We have access to Which (magazines and online resources) and we can share advice and information about all sorts of products and services with members.**
- **The Time Exchange is offering some Tippex correction fluid, a garden hose spray, Gardeners World magazines, camping & caravanning magazines, lever arch and ring binder files and a mindfulness journal.**
- **Helen is offering some paper craft and card making magazines.**
- **Tamara has some GCSE study guides on offer: Maths, Science, Physics and Catholicism and Christianity.**
- **Lynne is offering some tins of eco-friendly wall paint (red and cream) and some decorating tools.**

REQUESTS

- **Benni would like a battery operated radio.**
- **Sarah would like a portable CD player.**
- **Taymar is looking for old jeans, large pieces of cotton fabric or bedding and old lampshades.**

If you no longer have an item on offer or no longer need an item on request please let us know.

CONTACT US

Theresa / Sunnie
235 Stanton Street
Arthur's Hill
Newcastle upon Tyne
NE4 5LJ

You can contact us on the following:

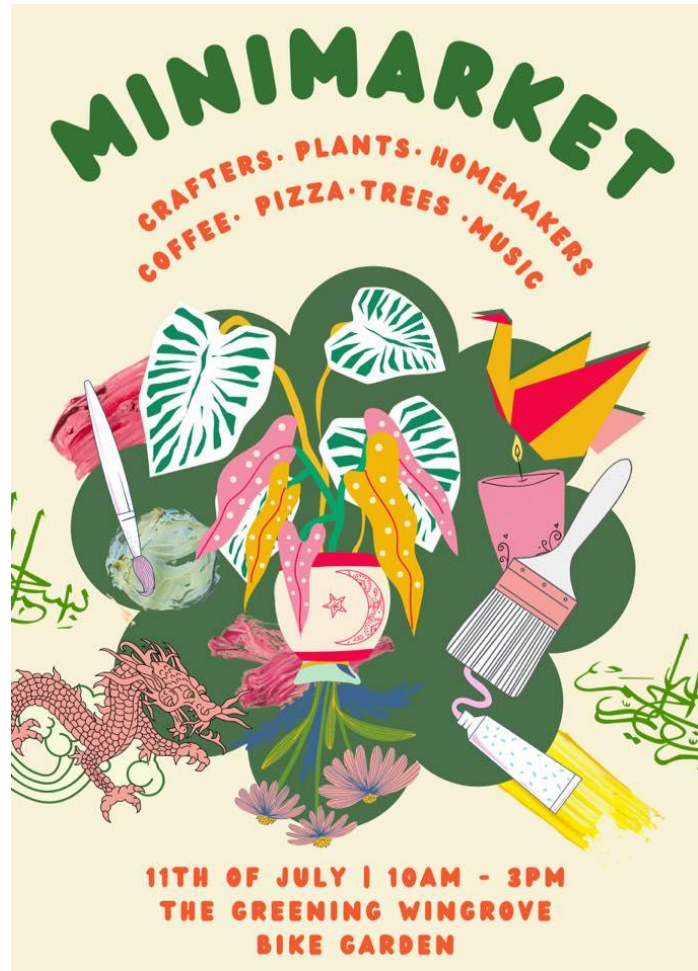
Telephone: **0191 2450663**
Please leave us a message if there's no answer and we'll get back in touch as soon as we can.

Monday – Friday
10am – 1pm

Email:
info@thetimeexchange.org

Follow us on Facebook for the latest advice and information:
<https://www.facebook.com/thetimeexchange/>

MINIMARKET AT THE BIKE GARDEN



BAT WALK WITH WILD WEST END

Tuesday 13th July 9.40pm

Come and help find West End bats!

Meet at the bench at the crossroads of Brighton Grove and Nuns Moor Road. Walk also ends here.

We will be walking slowly along footpaths for about 1 hr with some short stops. No need to book, just turn up.

More info wildwestend@greeningwingrove.org.uk 07410 944713

YOGA ON THE GREEN

Every Saturday 9.30am – 10.30am at the Bike Garden

Yoga on the Green is brought to you by Greening Wingrove and Happy Yoga Newcastle. This is an outdoor class. Please bring your own mat and equipment. £6 suggested donation. To book your place: click the attending button to confirm on the Greening Wingrove Facebook Page. www.facebook.com/GW.BikeGarden

You must cancel 24h before if you can't attend.

NUNS MOOR PARK LITTER PICK

Every Tuesday at 10am, meet at the Bike Garden

Help keep our local park clean and tidy! All tools and other equipment will be provided. Free tea or coffee afterwards for participants.